ALABAMA DEPARTMENT OF AGRICULTURE & INDUSTRIES
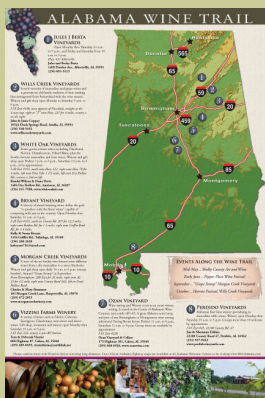

Ron Sparks
Commissioner

Alabama Wineries:

- **For more information on Alabama wineries and other products across the state, go to our website at** www.agi.alabama.gov.

- **Find information on the "Alabama Wine Trail" at** www.alabama mountain lakes.org

National Farmer's Market Week

August 3-9, 2008   **Friday, August 8, 2008**

"Locally Made" Wine Industry Popular in Alabama

In the state of Alabama, we are fortunate to have eight wineries located across the state, full of healthy, disease fitting vineyards. These wineries include: Wills Creek Vineyards in Attalla, Morgan Creek Vineyards in Harpersville, Perdido Vineyards in Perdido, Bryant Vineyards in Talladega, White Oak Vineyards in Anniston, The Winery on Main in Clanton, Ozan Vineyards in Calera and Vizzini Farms Winery in Calera. All these businesses are members of the Alabama Wine Grower's Association (AWGA), a group which offers Alabama wineries the chance to work together to promote wine, including its health benefits, and the grapevine industry to Alabamians.

All Alabama wineries encourage visitors to stop by their vineyards to taste their wines and a link to each of their websites can be found on the AWGA website, at www.alabamawines.net. A trip to an Alabama winery is a great way to experience agritourism at its best in our diverse state. The grapes are grown on site and visitors can even purchase their favorite bottle after visiting the taste testing rooms.

Scientific analysis has shown ample support for moderate wine consumption in curing and possibly preventing cancer, heart disease and diabetes. Along with good taste, good health and good food, purchasing Alabama wines is important, enjoyable and beneficial to everyone in our state, especially our farmers! Some vineyards even offer a selection of products including vinegar, tea, jelly and others in their retail stores and on their websites.

ALABAMA CATFISH PICANTE with ALABAMA MUSCADINE WINE

fish
1 1/4 lb **Catfish** fillet; about 1" thick
1 1/2 tb Butter
1/3 c Roasted **Alabama** pecans; coarsely crushed
2 tb Raspberry vinegar
2 tb Balsamic vinegar
2 tb Roast garlic; peeled
1 ts Soy sauce
1/4 c Muscadine wine
1 pn Nutmeg
1 pn Salt

Heat butter in frying pan until foaming subsides, reduce heat to medium to medium low and fry fish five minutes per side, being careful when you turn not to break it up.

While fish is frying, combine sauce ingredients.

When fish is done, remove to plates or serving platter. Deglaze pan with the sauce, stirring briskly until it begins to thicken just slightly. Pour sauce decorously over the fish, and serve.

Alabama Wine Offers Better Health

Wine has evolved from a social drink to a drink that you can toast to your health. Moderate wine consumption has been shown to have positive health benefits due to its high level of antioxidants, especially for us here in the state of Alabama. Grape wines, specifically muscadine wines, attribute their high antioxidant level to their content of resveratrol, flavonoids and ellagic acid. Resveratrol, increases good cholesterol (HDL) and helps prevent blood clots. Flavonoids also help to prevent clots and plaque from forming in the arteries, lowering one's risk of heart disease by lowering bad cholesterol (LDL) in the body. Moderate consumption constitutes one drink a day for women and two drinks a day for men. Most wines sold in stores do not have the high level of antioxidants offered in Alabama wines and even our state's fruits and vegetables are superior due to our enriched soil.

According to recent research, muscadine grapes grown in Alabama have an impressive five times more antioxidants than other grapes! That should make any consumer proud to purchase wine grown and produced in Alabama! A classic favorite sold at the majority of Alabama wineries, muscadine and other sweet wines are the perfect addition to any home cooked meal, such as an Alabama Catfish Picante dish. All the better, these sweet Alabama wines still offer the added benefits of disease fighting and good health.